



MASTERING HOMEOPATHY

THE ART OF PERMANENT CURE

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DEAR FRIENDS, O BEST BELOVEDS,

At long last, I believe the book, *Mastering Homeopathy: The Art of Permanent Cure*, will be released in just a few weeks, as I write this – less by the time you read these words. What an adventure this has been. We went through about 10 weeks of “publisher delays” meaning they dropped the ball and forgot to print the first proof. Now we are well into 3 months of “author delays” as I read and reread the proofs and make corrections. I submitted 252 corrections on the first proof. Obviously, it was not professionally edited before the first proof.

It's one of the best books Trafford has published.

I am very grateful to my editor, Wendy James, for doing an awesome job of editing and making it look easy by getting it back to me in about one week. Wow! From the second proof I submitted 27 more corrections and the third proof an additional 30 corrections. Eight of those last corrections were the word “complementary”. Of course, I had already corrected that word four times and had somehow missed all these other instances. My dear friend, Mary Wolken, whom many of you know was my boss and my teacher when I was privileged to teach homeopathy to the doctors in her school (1993-95), read the third proof for

me and gave me many suggestions for corrections and improvements. I was not able to implement all of them at this time but we are considering a second edition hard bound for all the inevitable changes and additions we will want to make a year from now.

My publishing technician (Kim, at Trafford) called to say it's the most beautiful cover she has ever worked on! Yahoo! And my heart is giddy with gratitude to my dear friend Lee James for creating this cover. She also said, in her opinion, it's one of the best books Trafford has published. Thanks Kim, we like your opinion. Other kinds of corrections that have been necessary are an interesting story in themselves. For instance, while rereading the second proof I suddenly noticed, as if struck by lightning, that nowhere under the heading of Nat. Mur., our leading insomnia remedy, had I actually put the word ‘insomnia’. It wasn't that I didn't know it. It's that I know it so well, I assumed it was there and didn't notice its absence – until I did. By then page layout was done and it's not very flexible so I had to go in and delete text to make space to insert this keynote symptom in more than one place. Knowledgeable homeopathic book reviewers might have seriously criticized this oversight, and rightly so. It is not possible to put all that I know into this book but the book and I will be judged by what's in it and not what's in my head.

We had a little pre-release party in North Carolina in April where I was able to share the second proof with about 40 people. Each got only a couple of minutes to glimpse the book, superficially peruse or otherwise assess the quality of the book. The responses are overwhelmingly positive not only for its beauty but for its simplicity. Many people mentioned how pleased they were that difficult subjects were covered in short segments of one or two pages that left them feeling confident of their understanding. I think the tradition in this field has been to cover difficult subjects in 40 or so pages leaving the reader feeling vaguely confused and confident only that you may know more than they do.

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The challenges that are involved in the process of layout and organization in a book like this are certainly outside my field of expertise. How to get things to fit on the page the way I want is still something I am working on. I am a master homeopath but I have no expertise as an author and I am sure there are many places where it will show that I made up my own style as I went along because I didn't have an education to fall back on as to how things are done – what gets underlined, highlighted, commas or semicolons. Some of it is style that is mimicked from reading many thousands of hours of the masters of classical homeopathic materia medica but some of it is pure Fravarti, based more in

the way I talk and think. I have tried to make everything as easy to understand as possible and I have tried to limit what I have said to what I actually know experientially. The book attempts to represent accurately what I do so that others who may wish to do the same can follow clear guidance. The book covers protocol for both acute and constitutional remedies and it also covers the use of high potency polychrests and the use of low potency combinations in the same patient during the course of constitutional treatment.

The book also covers all of the major polychrest remedies from several different perspectives. They are covered as pediatric types, as psychological types and as symptom types as well as compared specifically and expertly to each other so as to leave no stone unturned in pursuit of opening an understanding of how these remedies work, why they work and what to expect in the process. All the words that might require a medical dictionary have been removed wherever possible and a section of relevant terminology has been added at the back of the book so as to answer all your questions and make the book completely understandable without additional references.

My publishing company has been great to work with. They have done a great job of making the book look the way I wanted it to look. You can see the book at Fravarti.com with an excerpt and comments from professionals who have previewed the book. The price is \$27 for quality paperback, 7 by 10 inches, 230 pages. I have received many prepaid orders, all of which will be personally signed by me to you. Shipping is \$6 each

Publishing, thus far, has been a lot like labor and birthing: lots of waiting and breathing. Also, it's been very satisfying. I've had lots

of accomplishments in my life but this one is like no other. At the moment it's unique and special and I'm so glad to be done but I'm already looking forward to working on my second book. One that allows me to shift my focus from healing to awakening, away from just overcoming health challenges and towards the larger adventure that the soul is here for – creating the self.

AVAILABILITY & MONEY MATTERS

Many people have questions about my availability for consults and my current pricing. I am taking new patient cases. The start up fee for the initial consult is \$400. This covers the first 12 months of remedies, dietary guidelines, supplements and emotional/spiritual homework. It includes three phone calls for a total of 90 minutes of phone time. Additional phone calls or emails will be charged at the standard rate for ongoing care for retainer clients for the first year. All charges are paid in advance.

Ongoing care is currently charged at \$125 per person per call for both acute and constitutional care. That \$125 call will usually answer all your questions on one patient in 15 to 20 minutes. Clients who pay in advance or keep me on retainer will receive a 30% discount off of this price for a total of \$85 per call. There is an additional discount for those who keep me on an annual retainer of \$3000.00 or more bringing the cost of each call down to \$75. Additional people consulted for in a call means additional charges for each person or companion animal. Calls outside of business hours (Mon – Thurs 9am to 12 noon Mountain Standard time). Including emergencies, start at \$150.00 for the first 15 minutes. For those on an annual retainer of \$3000.00 the fee for emergency calls is \$75 for the first 15 minutes. In both cases the fee is \$300 per

hour for anything over 15 minutes of phone time during non-business hours. The fees for emergency acute care for animals are the same as for people. Clients who need frequent consults can save a great deal by choosing the annual retainer.

For insight and enjoyments sake, I will tell a little bit about the business end of serving the many clients that I do but I will have to leave out some of the most wonderful excuses because I don't want anyone to feel personally exposed or criticized. Some clients call repeatedly but don't leave a message. They are trying to 'catch' me between scheduled appointments or at other times of day, for just a quick question or to be reassured. When they finally do reach me, they tend to mention that they have called many times as if this would be significant despite the fact that they did not leave a message. Clients who engage in this dynamic often don't pay, almost never pay on time and tend to ask for a significant discount. If my guidance tells me that they need me and I can help them and they can't do any better than where they are at right now, I just continue to serve them and take whatever I get. If my guidance tells me they are not being appropriate in some way, maybe they are being needy, giving little or nothing and taking as much as they can and it is not part of my calling to serve them in the way that they wish, then I just ignore the calls until the energy changes and I again feel that it is my calling to serve them. Many people move together with me through this cycle of what they want versus what they are willing to pay for. As my husband, Samuel, pointed out – everyone is willing to pay my fees at the moment they are on they phone with me getting their questions answered. After they get off the phone and they have what they want and need, their motivation to take care of me drops to about half what it was when they

were still seeking supportive answers. Now their focus is elsewhere and I am easily forgotten at this stage, even if they are thinking of me everyday because they are doing things that I guided them to do.

My business advisor says given the record over the last 15 years, it's time to ask everyone to pay in advance and he wants me to set up PayPal on Fravarti.com to make it easier for those who want an emergency or acute appointment but haven't paid a retainer. The annual unpaid accounts have averaged \$5000 per year for the past five years. This does not include thousands of dollars of charity work and discounts given annually. It is simply people walking away from their responsibilities because they can. They were not dissatisfied with what they received. They simply enjoyed it even more because they managed to get it for free, even if in some cases this dynamic was entirely unconscious. I hear them thinking of it as a bonus from the universe instead of observing that they were choosing to take without regard for balance. On a larger scale this same kind of thinking results in cutting down the rainforest and destroying the ozone layer or any other way that we try to get ahead and get an advantage in life by not being fully responsible now.

Another client style is to try to get me at their convenience rather than at mine. This client says: "I can't call during your hours. I want an appointment in the evening." They want this appointment for the same price (or less) as the person who is making time to fit their consult into my business hours. And then there are those who want to talk to me on Sunday evening for an hour, no appointment, on an emergency basis and pay maybe \$75 for it - in a month or two. These people ask me to work hard, on demand, to produce my magic and they show very little respect for me. My schedule of when I make appointments is

based on when I am at my best. Given that I often rise at three or four am and go to bed at dark, I find it predictable that I will give better answers when I am fresh than I will when I am exhausted. And since your health, and in some cases your life, depends on how insightful my answers are, it seems wise to take your appointments at the time that I recommend. My hours are normal business hours in my state and they cover lunch hour or noon breaks for everyone east of me in the country. I understand that my hours can present a difficulty for Hawaiians because they have to talk to me at the crack of dawn their time, but believe me, it's not been them that has been trying to get me to work around their preferred schedule.

One more observation I feel guided to share with you is that nearly everyone assumes that someone else, everyone else, is paying and that the two hundred or so that they owe me isn't any big deal. I do my best to ensure that it never is a big deal but this kind of assumption is so pervasive that in the month of December, no one pays at all. No matter how much I work or how urgent or how critical - even saving people from invasive heart procedures or serious acute illness and accidents, most will pay four to six weeks later, if at all. Fortunately, as an avid student human psychology, I find it all very fascinating - like the pirate Jack Sparrow when he says to his former crewmates: "So, there is a curse. That's interesting." I am going to plunder bravely forward here and say that what I have experienced here is virtually all of you not wanting to pay for what you really need though you are often quite willing to pay for things you don't really need. We pay for what we want more than we pay for what we need and we fail to observe that this is so. When we awaken we will wisely desire that which we need and will gladly pay for it more than for that which we don't need.

I believe my work is leading me towards building a healing retreat center. I am asking God to work with me in creating opportunities to fund my work so that people can get what they need whether they can afford it or not. This is not exactly the same premise that was given to me by Patch Adams as a youngling: “Use the force to create free health care.” In fact, I see that everyone around me is hoping for free health care and it is causing me some problems. On this note, it amuses me that I had to change the words which appeared in the book so many times. It said “complimentary medicine” meaning free, and it was meant to say ‘complementary’ meaning whole, holistic and complete. I see that God has been conscious of this dynamic since its inception and has been working through me to evolve an understanding of what is truly valuable. Do we want the flattery of something freely given, like a compliment or do we want that which completes us and makes us whole? You can be certain that what ever we think we want, our ideas are evolving and they are not the same as they were thirty years ago. How to transform the face of medicine in our time is of even more pressing urgency now than it was when I began down this path many years ago. We need to create a system that allows all people access to the care they need.

My experience of the business end of what I am doing for my clients has lead me to the conclusion that I need to ask that each consult be paid for in advance. For some of you the easiest way to do this is to pay a retainer. I am happy to work out payment plans suitable to your personal needs.

Okay, time to lighten the mood. So, I’ll entertain you with a few pharmacy stories. I don’t want to pick on anybody in particular because I love homeopathic pharmacists. My work doesn’t exist in it’s

present form without them. These are different pharmacies of varying types, sizes and sophistication. There is one, fairly small independent pharmacy and natural remedy store that I like and I regularly try to lend some support to their survival. For over fifteen years I would send my

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clients in that town to this store to buy their remedies, if at all possible. More than a dozen times this particular pharmacy had someone employed there who tried to change the prescription – in fact, at least three different people made this mistake over the years. Young mothers would walk in with their Fravarti recommendation to buy Sulphur 10M and be told: “OH NO! You could kill your baby with that.” Then the clerk would begin to make their own recommendation about how to treat the patient. I called the store’s owner every single time and reported this unprofessional conduct. If anyone has questions, they need to call me and not terrify my clients in the process. I never reported them to anyone else, but eventually, the head of the state board of alternative medicine went in and pulled someone out for practicing medicine without a license. That individual’s career ever since has been truck driving. Personally, I think it’s a better match.

The pharmacy I am speaking of has new owners, well meaning individuals just learning the trade. Would you like to know if they are doing any better? I sent in a client I had known and treated for maybe 20 years. She had been bitten by a brown recluse spider and her doctor had recommended surgery to remove the necrotic tissue. She wanted to avoid surgery and called me for help. I sent her in to buy Nat. Mur. 50M and hypericum tincture. The new owners told my friend that the infection was systemic and might kill her and that my prescription was not enough. They proceeded to mix up a combination of low potency tinctures that contained spider venoms, including brown recluse, as well as other remedies and instructed her to take these drops internally many times per day. She said she was frightened and paid the extra money and hurried out of the shop. She was also afraid to take the drops so she wisely called me. These drops of brown recluse tincture were much too low a potency (ie. too gross a form) to be safe for this patient and taken as instructed would have only added to her miseries. I told her she could dilute the tincture and use it as an external wash. I wanted to help her feel better after her unsettling experience at the natural remedies store and not worry about the wasted money but I will reveal to you, my readers that that was not good homeopathy. The closer the remedy matches the problem and symptom picture the higher we need to go with the potency. (And that's pure Kentian prescribing) In this case, the match was exact – brown recluse venom – so 6x was just not a good potency choice for internal use. I chose, however, to treat the constitution as for a 'chronic acute' because I knew that the venom and the problems it was causing had already progressed deeply into her organs and systems. In two weeks, she completely recovered. No mark or trace remains.

Then there was the time I had to call a pharmacy in Portland because they refused to sell 200C Sulphur to a woman to treat her sick child. I first reassured them that Yes, she and her child did have professional guidance and then I reminded the person I was speaking to that this was not a controlled remedy but rather an over the counter medication freely available nationwide. I know, he responded, but I think it is the prevailing practice in my community to require proof of professional supervision and deny this potency to all others – even though it's not the law. Hmm... You may be right, I don't know... but I have heard there are some great doctors of natural medicine in that area and I doubt that they are aggressively trying to protect the public from remedies that are probably safer than most of what they have at home already including cough syrups, fever reducers and cold medications.

Those of you who know me well, know that my favorite pharmacy is the one I send you to when you need the LM potencies. But even referring clients to the best natural pharmacy in the nation doesn't always go smoothly. I usually tell my client exactly what to order to best meet their needs. For instance I might say: "one multidose tube of Arnica 10M" or "one 1 oz. bottle of Pulsatilla 50M, on #10 pellets). Once in a great while, a client calls back to say they couldn't get what I recommended and once in a very great while they turn out to be right and I have to change the potency and dosing to match what we can get. Other times, it is just that the receptionist is not infallible and makes a mistake saying: "We don't have LM30 Nux Vomica" when, of course, they do. That's why I asked you to call them and only them. In that case, I will call the pharmacy, tell them my name, and that I will have my client call back and place the order because I am looking at a one ounce

bottle of that exact remedy with your pharmacy label on it and I feel we can be pretty certain that you carry it. I have never had to ask them to put someone else on the line, though they will let you speak to the pharmacist if you need to ask them to make something up for you or if you want to ask them professional questions about using a remedy or substituting for something that is not available.

My last story is about a small independent pharmacy that was manufacturing remedies under their own label and would seemingly make you anything you needed at very reasonable prices. Personable, easy to deal with, great prices – it all seemed too good to be true. And it was. Quite simply, the remedies didn't work well.

Sometimes picking the remedy and potency is only half the battle.

As a medical intuitive, I meditated on those remedies and found that mathematically, they did not match the frequencies indicated on the label. The potencies were not accurate. A 200C remedy read as 2197 and a 1M read as 985 instead of a thousand and the higher the potency the greater the discrepancy. At the 10M potency, the remedy read as 9,821 repetitions of dilution and succussion. instead of ten thousand. This pharmacy was also offering MM potencies which mathematically should have been an even higher potency than our LM30 but this remedy also did not read as having the potency indicated on the label. I concluded that this person was doing less than exacting work because he didn't realize

that it made a difference. His potencies did not correspond to the peaks of the sine wave, mathematically, so they weren't fully effective. You will never find this kind of careless workmanship behind any of the remedies or pharmacies recommended on my website. They all adhere to very strict international standards and produce an excellent product at a fair price. We do have one American pharmacy that also produces an excellent product but I can not recommend them to anyone because the price is too high and their remedies do not work better than Standard or Boiron and therefore do not justify their price, in my mind. I never spoke to that small independent pharmacist (with the great prices) again after he told me that he refused to consider LM potencies as anything but a fraud perpetrated by Melanie Hahnemann. Nothing could be further from the truth. LM potencies were developed and used by the master, Dr. Samuel Hahnemann himself, as his answer to his colleague Master Kent, who was pushing the frontiers of high potency prescribing in America with very effective results and offered to send these remedies for Hahnemann to experiment with. Hahnemann insisted always that his remedies be made in house and he found a way to approximate Kent's work without the complex process of ten or fifty thousand dilutions by starting with a dilution ratio of one to fifty thousand to begin with. That's what LM means in Roman Numerals – fifty thousand. Sometimes picking the remedy and potency is only half the battle and then one still has to navigate the intricacies and eccentricities of a particular pharmacy employee to get what one needs.

I mentioned already that I see myself starting an on the ground healing and retreat center. It seems the ideal setting for my work. I'd like it to be a co-op

of different practitioners with different expertise and abilities. I'd like to work with other healers and share the value of their modalities and partner in various ways to create teamwork. I am especially interested in including other homeopaths, acupuncturists, herbalists, various body work therapists, sound healing, midwives and teachers of Chi Gong, Tai Chi and Yoga as well as meditation and spiritual practice.

When I envision our healing center, I not only see the rooms and the people and the activities but I also see the many fine natural healing products that I often recommend to my clients. In the past, I have never wanted to sell these products because I did not want to give any impression of conflict of interest. My reputation is well established now and my clients recognize that I do not recommend things for them based on logic, reason or guesswork. It's always intuition, the spirit of guidance, the voice of the soul. I feel that it would be a natural extension of Fravarti.com, once PayPay is available on the site, to create an online store. My book and consultation will be the first items for sale and next maybe a few Baret Jane and Kaliana products. Eventually, we could include many of the items that are mentioned in the book as supportive to healing with homeopathic remedies. I welcome your feed back as to what you would want to find available on my site. I know some of you will say remedy kits. I'll be thinking about that but I intend to start with simpler things like calendula ointment, hypericum spray, Swedish bitters in capsules, colostrum, digestive enzymes, MSM, Dr. Kneipp baths and maybe healing crystals and pendulums. The list grows quickly once one begins but I would like to hear back from all of you as to your level of interest and how a Fravarti store could best serve you.

This may be the last time I send out a hard copy of my newsletter. Future newsletters will be posted to the website: www.fravarti.com. Please let your friends and family know that they can find the newsletter along with lots of important information and answers to frequently asked questions at this site. It is a good idea to suggest that someone check out this site very thoroughly before asking me to take them as a new client. When I ask people to read my site and they refuse, I find that we tend to have a very short relationship because Fravarti has developed very good boundaries about not working harder for her clients than they are working for themselves and I don't intend to repeat myself individually to every person who wants an explanation when I have already gone to the trouble to make that information easily available. People still tell me : "Oh, I don't use a computer." Well neither do I but I do know that you can go to most libraries and print out my site or ask a friend or family member to print it out for you. It's just too important to understanding what to expect when working with me and I don't give much credence to people's excuses as to why they haven't studied it in every detail.

Hearty blessings to each one of you and all your loved ones.

Fravarti